



## **NATIONAL YOUTH SPORTS-SAN ANTONIO**

### **Let's Play Safely- Stay Safe at Practices**

Safety protocols should apply to practices and games. NYS will modify the protocols as needed.

- Limit any nonessential spectators: limit one parent/guardian for each child at a practice.
- Masks are required for spectators, players, and coaches in common areas and when social distancing can not take place. Face coverings should be worn as much as possible. This will not apply to the players when in game play.
- Encourage players to wait in their cars with guardians until just before the beginning of a practice, warm-up, or game, instead of forming a group.
- Consider modifying practices so players work on individual skills, rather than on competition. Coaches may also put players into small groups (cohorts) that remain together and work through stations, rather than switching groups or mixing groups. We discourage scrimmages against other teams.
- Minimize equipment sharing, and clean and disinfect shared equipment between use by different people to reduce the risk of COVID-19 spread.
- Players should social distance when not actively participating in practice or competition (e.g. on the sideline, dugout, or bench.) Players can be spaced 6ft. apart while doing warmups, skill building activities, or simulation drills.
- Ask parents/guardians to help in making sure players are maintaining social distance. One idea is for younger children to sit with parents or caregivers, instead of in a dugout or group area.
- Players should not share water bottles or food. Discourage sharing of items that are difficult to clean, sanitize, or disinfect. Do not let players share towels, clothing, or other items they use to wipe their faces or hands.
- Do not allow spitting and encourage everyone to cover their coughs and sneezes with a tissue or use the inside of their elbow. Used tissues should be thrown in the trash and hands washed immediately with soap and water for at least 20 seconds. If hand washing is not available, use hand sanitizer.
- Clean and disinfect frequently touched surfaces on the field, court, or play surface between uses as much as possible. Use of shared objects and equipment (e.g., balls, bats) should be limited, or cleaned between use by each individual if possible.
- Discourage unnecessary physical contact, such as high fives, handshakes, fist bumps, or hugs.
- Prioritize outdoor, as opposed to indoor practice.

This list was formed using the CDC guidelines for youth sports found [here](#).